



## Beer-Brined Buffalo Wings

 Gluten Free

READY IN



85 min.

SERVINGS



12

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 oz beer
- 1 tablespoon brown sugar packed
- 0.3 cup butter
- 2 lb chicken wings
- 1 tablespoon coarse salt
- 1.5 teaspoons garlic powder
- 1.5 teaspoons onion powder
- 1.5 teaspoons paprika

0.3 cup hot sauce red

## Equipment

- bowl
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- aluminum foil
- ziploc bags

## Directions

- Heat oven to 350F. Line cookie sheet with foil.
- In large bowl, beat brown sugar, salt and beer with whisk.
- Add chicken wings; toss gently to coat. Refrigerate 30 minutes to brine.
- In large resealable food-storage plastic bag, mix onion powder, garlic powder and paprika.
- Drain chicken; pat dry with paper towels. Discard brine.
- Add chicken to bag; toss until evenly coated.
- Place chicken on cookie sheet.
- In 1-quart saucepan, melt butter. Stir in pepper sauce.
- Heat to a simmer.
- Pour mixture over wings.
- Bake 30 to 35 minutes or until juice of chicken is clear when thickest part is cut to bone (165F). If desired, shake extra pepper sauce over wings after baking.

## Nutrition Facts

 **PROTEIN 23.01%**  **FAT 69.08%**  **CARBS 7.91%**

## Properties

Glycemic Index:9.21, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:3.4839130419752%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 143.87kcal (7.19%), Fat: 10.41g (16.02%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.09g (1.21%), Cholesterol: 41.6mg (13.87%), Sodium: 775.72mg (33.73%), Alcohol: 1.11g (100%), Alcohol %: 1.7% (100%), Protein: 7.8g (15.61%), Vitamin B3: 2.61mg (13.05%), Selenium: 6.7µg (9.57%), Vitamin B6: 0.18mg (8.88%), Phosphorus: 62.72mg (6.27%), Vitamin A: 309.43IU (6.19%), Vitamin C: 4.09mg (4.96%), Zinc: 0.59mg (3.93%), Vitamin B5: 0.35mg (3.47%), Vitamin B2: 0.05mg (3.09%), Iron: 0.51mg (2.86%), Potassium: 93.76mg (2.68%), Magnesium: 10.52mg (2.63%), Vitamin B12: 0.14µg (2.41%), Vitamin E: 0.31mg (2.09%), Vitamin B1: 0.03mg (1.78%), Copper: 0.03mg (1.29%), Manganese: 0.03mg (1.26%), Calcium: 10.59mg (1.06%), Folate: 4.24µg (1.06%)